

# O God O MY GOD



A Holy Friday service following Psalm 22  
CALLING THE ROLL OF THE WORLD'S SUFFERING

**Annotated version for review**



## Gathering Around the Word

**Prelude:** Silence. Low lighting will be consistent throughout the service for continuity bridging Maundy Thursday and the Three Days.

**Silent Meditation** The following may be printed in the bulletin for reflection:  
*We call it Holy Friday, the day Jesus dies and enters the womb of the earth.*

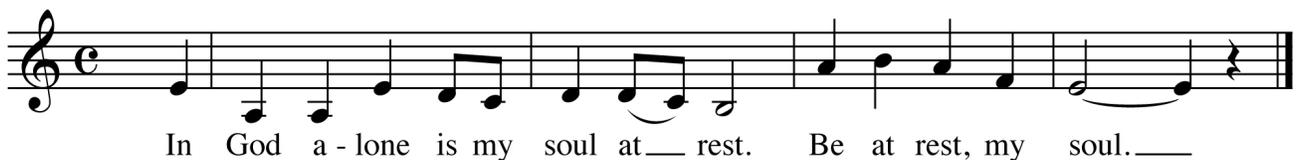
*In the gospel according to Mark, Jesus' last words on the cross are a prayer from Psalm 22: "My God, my God! Why have you forsaken me?" On this day, the Psalm invites us to be with Jesus where he is-- present to suffering all over the world. Tonight we pray in solidarity with all those in need, both near and afar.*

### Opening Song:

(This worship resource comes bundled with mp3s, piano scores, lead sheets and guitar charts for all *Worldmaking.net* Psalm songs in the service).

## In God Alone

Psalm 62



**Greeting and Description of Service:** [Optional: If desired, a brief word of welcome may be spoken here. Consider here a word describing the service, such as:

We call it Good Friday or Holy Friday, the day Jesus dies and enters the womb of the earth.

In the gospel according to Mark, Jesus' last words on the cross is a prayer from Psalm 22: "My God, my God, why have you forsaken me?!" This prayer is the heart of this service, with songs, silences and prayers surrounded.

Holy Friday is an invitation to think about the life, ministry and death of Jesus. Kind of like the best kind of funeral. Jesus' lamenting prayer from the cross, "My God, O My God," invites us to be with Jesus where he is-- present to suffering all over the world. In our time together tonight, we will call the roll, if you will, of all who are in need, both near us and around the world.

Together let us prepare for worship with a few deep, slow breaths. (*Leave time for such*).

**Prayer:** (spoken by the primary worship leader)

O Holy One, on this Holy Friday we come quietly. Together with Jesus, we pray for all creation and the many ways we are suffering. Be with us now, that around the cross your people throughout the world might be renewed in depth of spirit. In the name of Jesus Christ, Emmanuel, God with us in suffering. **Amen.**

**Word I: Psalm 22.1-5**

("One" is spoken by the primary worship leader; "Many," the assembly).

One: My God, my God, *why?*

**Many: Why have you forsaken me?**

One: Why are you so far from helping me?

**Many: -- ignoring my anguished roars.**

One: O my God, I cry by day, but you don't answer;

**Many: by night, but I find find no rest.**

One: Yet you are the Holy One

**Many: enthroned on the praises of all who know you and have struggled with you.**

One: Our ancestors trusted you,

**Many: and you delivered them.**

One: They cried to you, and were rescued;

**Many: They trusted you, and were not sorry they did.**

*The people of God take a deep breath in silence.*

**Prayer:** (spoken by the primary worship leader)

God, we pray for those in danger, and for those living in fear of violence. In distant places; in places near. [*Short pause*]. We pray for all who are trapped in patterns of abuse-- physical, verbal, mental, sexual, spiritual. [*Pause for silent prayer*]. Hear us, O God, our God, in the name of Jesus Christ, Emmanuel, God with us in suffering. **Amen.**

## Song of Lament:

### Hear My Cry, O God

Psalm 61

Part 1: Hear my cry, O God List-en to my prayer

Part 2: From the end of the earth I call to you though my heart is faint.

Part 3: Let me a - bide with you for - ev - er

The musical score consists of three staves, each with a treble clef and a common time signature (C). Part 1 has a melody of quarter and eighth notes. Part 2 features a more active melody with eighth and sixteenth notes. Part 3 has a simple melody of quarter notes. Lyrics are placed below the notes.

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## Word II: Psalm 22.6-8, 9-10

(Again, “One” is spoken by the primary worship leader; “Many,” the assembly).

One: But I am a worm, less than human;  
a disgrace held in contempt by people.  
All who see me mock me;  
they shake their heads and make cruel fun of me, saying,  
“Let this fool pray to God; let God rescue this one that so delights God!”

*[The people of God take a deep breath].*

One: Yet it was you who drew me out from the womb;  
you made me safe on my mother’s breast.

**Many: I’ve been yours since I was born; all my life you have been my God.**

## Prayer: (spoken by the primary worship leader)

Let us pray for those who are suffering with illness or injury. For all those whose bodies, minds and spirits are restless, anxious or in pain, both near and far away. *[Pause for silent prayer]*. Hear us, O God, our God, in the name of Jesus Christ, Emmanuel, God with us in suffering. **Amen.**

**Song Choice 1** (Choose from the list above or some other beloved song).

**Word III: Psalm 22.11-21**

Recited by the Speaking Choir. May be accompanied by light hand percussion. Words are not printed in bulletin so the assembly can experience this portion of the text by listening.

One: Don't be far from me, for trouble is near

Two: and there is no one to help.

Three: Many bulls stalk me,

One: strong bulls of Bashan surround me;

Two: they open their mouths wide at me like ferocious, roaring lions.

Three: I am poured out like water

One: and my bones have fallen apart;

Two: my heart is like wax melting in my chest;

Three: my mouth is as dry as a piece of broken pottery,

One: my tongue is stuck to my palate;

Two: and you,

All: you have laid me in the dust of death.

Three: For the dogs are closing in--

Two: a pack of evil encircling me, coming at my hands and my feet.

One: I count the bones of my body while they stare and gloat over me;

Two: they divide my clothes among themselves,

One: casting lots for them.

*[percussion culminates as voices gain strength and volume]*

All: O Holy One, don't fail me now!

One: My Help!

Two: My Strength!

All: Come quickly to rescue me!

Three: Save my life from the battle,

One: from these terrible and vicious dogs!

Two: Save me from the lion's mouth!

All: My God,

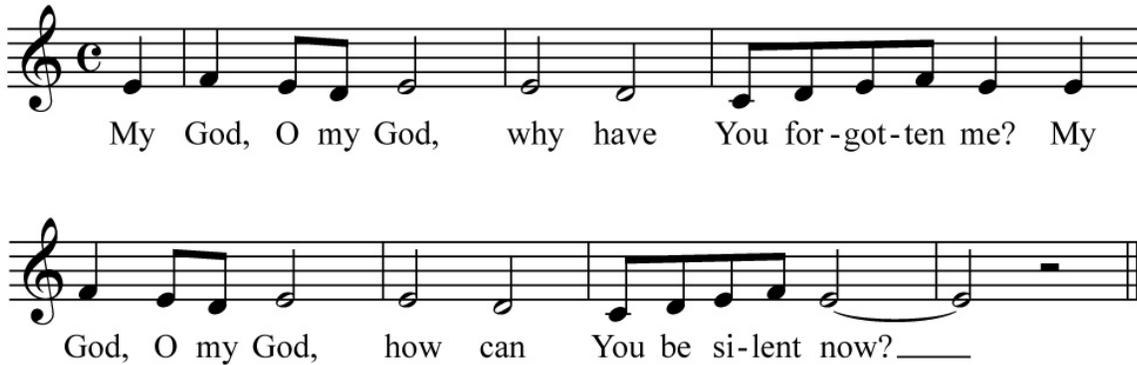
One: O my God.

*[Percussion stops]*

**Gospel reading:** John 18.1-19.42 or similar reading.

**Psalm 22 Song:** “My God, O My God” (Psalm 22)  
(The cantor sings the verses, the assembly sings the refrain, below).

## My God, O My God Psalm 22



My God, O my God, why have You for-got-ten me? My  
God, O my God, how can You be si-lent now? \_\_\_\_\_

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### **Word IV:** Psalm 22.21-24

\*Note: At this point, true to the lament formula, Psalm 22 turns from grief to assurance, and finally, praise. In the spirit of Good Friday and authentic lament, we consider this praise-oriented part of Psalm 22 a voice of hope amid desolation.

One: (very softly) And I see you rescue me.

Two: (very softly) I see you rescue me.

Three: (very softly) I see you rescue me.

Trio: I will declare your name to my brothers and sisters,  
One: and praise you publicly in the midst of our gathering:

Two: All you in awe of the Holy, give your praise.

Three: All you from Jacob's family, give honor.

Trio: Stand amazed, all you who know

One: and have struggled with God.

Trio: For the Holy One was not disgusted with the plight of those in need;

**All: God has not hidden his face, but has heard our cries.**

**All, softer: God has not hidden his face, but has heard our cries.**

**All, softer: God has not hidden his face, but has heard our cries.**

**All, softer: God has not hidden his face, but has heard our cries.**

One: My God, O my God.

### **Prayer:** (spoken by the primary worship leader)

We pray for all those at the mercy of oppressive systems: those treated unfairly because of race, gender, age, ability or sexual orientation. [Short pause]. We pray for all who are dehumanized by unjust systems, both victim and violator. [Pause for silent

*prayer*]. Hear us, O God, our God, in the name of Jesus Christ, Emmanuel, God with us in suffering. **Amen.**

**Song Choice 2** (Choose from the list above or some other beloved song).

**Word V: Psalm 22. 25-27**

One: Because of you, my praise rises in the great congregation;

**Many: I will fulfill my vows before those in awe of the Holy.**

One: The poor shall eat

**Many: and be satisfied;**

Two: those who seek the Holy One shall lift their praises high.

**Many: May we celebrate forever.**

**Prayer:** (spoken by the primary worship leader)

We pray for those in deep sadness, anger or grief: those suffering a loss; those dealing with troubled emotions and memories, for all who are craving hope. *[Pause for silent prayer]*. Hear us, O God, our God, in the name of Jesus Christ, Emmanuel, God with us in suffering. Amen.

**Song Choice 3** (Choose from the list above or some other beloved song).

**Word VI: Psalm 22. 28-31**

One: The far ends of the earth shall remember and turn to God;

**Many: all the families of the nations shall bow down.**

One: For God is a king ruling the nations.

**Many: Even the dead will bow down;**

One: even those of the dust and those at death's door;

**Many: I shall live for him.**

One: Our descendants will belong to God.

**Many: The Holy One will be proclaimed for generations to come.**

One: Our children will tell the story to those yet born:

**Many: God's love has rescued and saved us. My God, O my God.**

**Prayer:**

Holy One, we pray for all those who are abandoned: for those rarely seen, heard or recognized. *[Short pause]*. For all who are poor now, lonely, unemployed or in prison. Those without a safe home, without status, without freedom. *[Pause for silent prayer]*. Hear us, O God, our God, in the name of Jesus Christ, Emmanuel, God with us in suffering. Amen.

**Song Choice 4** (Choose from the list above or some other beloved song).

If necessary, the offering may be received, but without doxology, prayer nor acknowledgment.

## Sending

**Optional Moment for Integration**

[In this moment, you may design a moment that rings true to your community. You may choose to present the cross for reverence, offer the “solemn reproaches,” present a short video with images of the world, or invite silence].

**Prayer:** (spoken by the primary worship leader)

God, we call the roll of suffering in our world, praying for all of creation and its wounds. In this moment, we name silently the needs most heavily on our hearts. (*Pause for silence*). Into your hands we commend our lives and all our cares in the name of Jesus Christ, Emmanuel, God with us in suffering. Amen.

**Sending Song of Trust:**

Into Your Hands

Psalm 31.5, 15

The musical score consists of three staves of music in treble clef, 7/8 time. The lyrics are written below the notes. The first staff has two phrases: 'In - to Your hands I place my life. In - to Your hands I placemy life.' The second staff has two phrases: 'Oh, lov-ing, faith-ful God Oh, lov-ing faith-ful God'. The third staff has two phrases: 'Oh - - - my life is yours Oh - - - oh - my life is Yours'. The music features a mix of eighth and quarter notes, with some rests and a final double bar line.

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Soft Sending: the people depart as they desire, remaining for prayer if they choose.

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The text of Psalm 22 is adapted as part translation, part paraphrase by Richard Bruxvoort Colligan.

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